

COVID Weekly

Goal: To prevent an outbreak of the virus at Saint John's while continuing to support resident and staff wellbeing.

BE PATIENT

What Our Residents Say



I thought I might have a cold and thought I'd better check it out. Simple as that: No high temperature. No coughing, but I tested positive – twice. Aching muscles. No appetite. Extreme fatigue. Day after day, I slept. Although I now have been declared Covid-free, I'm weak and tired. People tell me this is not uncommon and it will linger for some time.

— Jack Ford, Resident Apt 1004

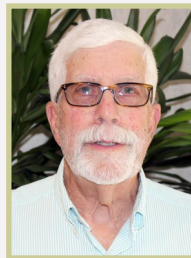
COPING STRATEGIES

We are health care providers living at Saint John's but still working full time. Many of us in the North Tower moved during the pandemic. We left homes we loved and moved to a neighborhood where we greet our new neighbors with masks in the halls. Most of us know the dogs' names better than our neighbors' names. In my opinion dogs have been our most wonderful ambassadors of hope and good will. They love to be petted and give us a sense there is something hopeful and positive to look forward to when they wag their tails.

But I think an even more important message for all of us dealing with the meaning of moving to a retirement community and coming to terms with a new stage in our lives, is that resilience is part of our human nature and built into our human hardware. We have lived long enough to comprehend the world and this pandemic is often a dangerous place. We also know our children see us as fragile and want to protect us, by not seeing us during this time. We know they are right but we are often sad and lonely.

In spite of this new time in all of our lives, we have not lost our resilience in the face of change. Research has shown us that resilience in the face of hardship is common and a part of all of us, no matter our ages. Saint John's provides all of us the safety and opportunity to thrive even in the midst of political unrest and a medical emergence. Resilience grows and strengthens in all of us when we have the opportunity to safely begin to develop new relationships with dogs and humans, talk about and accept the changes we are experiencing with others who are struggling with new beginnings and finally, living in this community allows and encourages us to focus on what we can control both in our own self-care and our investment in this new community we are learning to call home.

— Betsy and Bruce Axelrod, Residents 17N



**Renée Anderson,
President & CEO**

The COVID-19 Team of 20 staff continues to meet 3x/week to share information and align on decisions regarding management of the virus. Since August we have consistently used testing data from the Centers for Medicare and Medicaid Services as guidance. Testing positivity rates of 10% or more mean we must continue to maintain our cautious practices including bi-weekly testing of staff in the care neighborhoods and restriction of visitation including outside housekeepers. Restrictions will be lifted after three consecutive reporting periods at a lower level. Numbers are trending down, and we should soon see a positive impact from vaccine administration. Please, be patient.

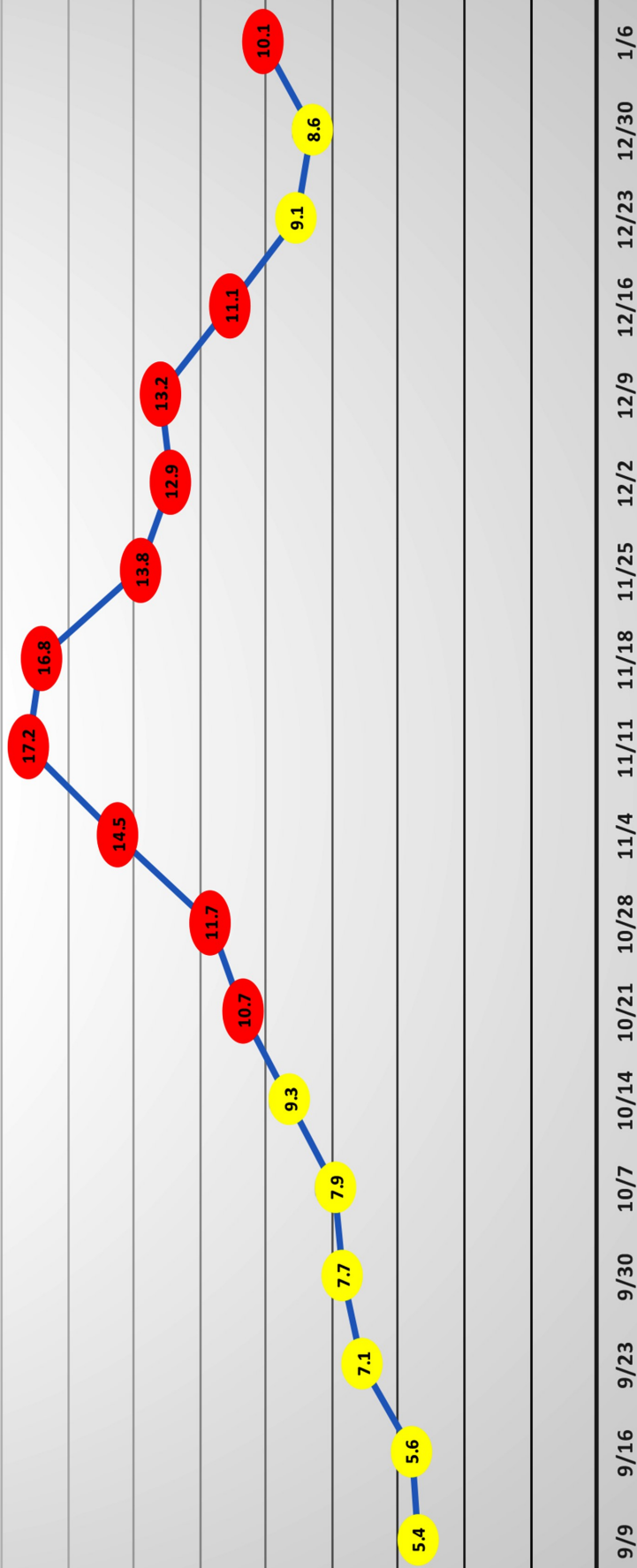
By the Numbers:

14-Day Average Positivity Rates for Milwaukee County 10.1% up from 8.6% last week.

New Cases at Saint John's January 7-13

Tower Residents: 0
Staff: 2

COVID-19 14 Day Average Positivity Rates For Milwaukee County



Source: The Centers for Medicare and Medicaid Services (CMS)

0-5%
 5-10%
 >10%

Community restrictions and testing requirements for care neighborhoods change as levels increase.
Restrictions will be lifted after three consecutive reporting periods at a lower level.